

**ABSTRACT OF THE DISCLOSURE**

**A martial arts equipment that appears slim and light and can be made lightweight is proposed. The martial arts equipment includes an equipment body 1 that is worn by a participant during match or practice of martial arts activities in which one participant inflicts a blow to the other participant's body, and that is filled with an impact-reducing material 3 at places where an impact involved in the blow is delivered. The impact-reducing material 3 includes a high impact absorptivity high density foam material 3A having excellent impact absorbing performance in a layer form.**